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Firefighters and residents scrambled after this fire sent fireballs into the sky on Oct. 2, 2012, in St. Boniface. BERNICE PONTANILLA/METRO

'High hazard' sites to receive annual checks

'Much improved.'

Coun. Vandal says new procedure is a 'step in the right direction'

BERNICE PONTANILLA
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Yearly inspections will now become the norm for hundreds of businesses and properties that house hazardous materials, a city committee heard on Monday.

Janet Bier, director of fire prevention for the City of Winnipeg, told members of the protection and community services committee that there will now be increased inspections.

The inspection schedule will be yearly for "high hazard occupancies," every three years for medium hazards, and every five years for low hazard occupancies.

Bier said inspections are currently ordered if complaints are received, a fire crew happens upon something that concerns them or a business requests it.

She added that there are about 300 properties with hazardous materials in the city.

To implement this new procedure, Bier said an additional fire prevention officer would need to be hired.

The report recommends charging a $150 per hour fee for the high-hazard inspections as a way to recover the costs.

The request for this report was made this past October, a year after a fireball originating at Speedway International plant engulfed the sky over St. Boniface on Oct. 1, 2012.

Ward Coun. Dan Vandal said the new procedure is a "step in the right direction."

"What's key is that we have qualified people that are doing the inspections that would be able to recognize if there's a job not done to what it should be," he said.

"As long as we have qualified inspectors going in, as long as we're doing the inspections in a timely fashion, I think that's much improved over where we were a year ago."

Quoted

"Our primary concern is for the safety of the public."

Janet Bier, director of fire prevention for the City of Winnipeg

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NEWS 1

Homeowner wants per diem for those with frozen pipes

Water woes. Councillor not convinced comp plan would work

SHANE GIBSON
shane.gibson@metronews.ca

After living a month without running water thanks to frozen pipes — and watching as council decided against putting those affected up in hotels — a St. James man wonders why the city isn't helping cover the costs of those living with the problem.

"I don't want to stay in a hotel, but they need to be helping cover some of the out-of-pocket expenses due to this crisis," said Matt Grant, who had water service restored at his Moorgate Street home Sunday after reporting his frozen pipes March 14.

"People are expected to drive to their shower, drive to get their laundry done, drive to pick up water."

Grant said he sent an email to both Mayor Sam Katz and Coun. Scott Fielding with his suggestion late last week but had yet to hear a response.

Fielding told Metro on Monday that his office hadn't gotten the email, and while he agreed the per diem idea has merit, he said the city's top priority right now is unfreezing the pipes.

"If there's some legitimate expenses that they're incurring I guess we could take a look at it on a case by case basis," he said. "It's an idea that I think needs to be looked at, but I can't say right now whether I'd support it."

A member of the city's administration wasn't available for interview by press time.

Quoted

"It blows my mind ... How come they can't come up with an idea like that on their own?"
Matt Grant

St. James resident Matt Grant wonders why the city isn't offering to help those affected by frozen pipes cover the costs associated with the problem after living without water for a month. SHANE GIBSON/METRO

Winnipeg's worries

Peggers' top priority — infrastructure

Whether it's frozen pipes, water main breaks, or crumbling roads, a survey released Monday shows six of 10 Winnipeggers believe infrastructure is the most pressing concern facing the city.

The Probe Research survey showed 51 per cent said the condition of the roads are their biggest worry, while another 10 per cent said the state of water and sewers was most worrying.

The results of the quarterly survey show the number of Winnipeggers who put infrastructure as the most important civic priority has nearly doubled since December, when 35 per cent called it their biggest concern. METRO

Landlord calls for bylaw notifications

Christina Du said she should have been told that a property no longer complied with bylaws. METRO

A Winnipeg rental homeowner urged councillors to force real estate agents and lawyers to disclose if a property for sale no longer complies with city bylaws.

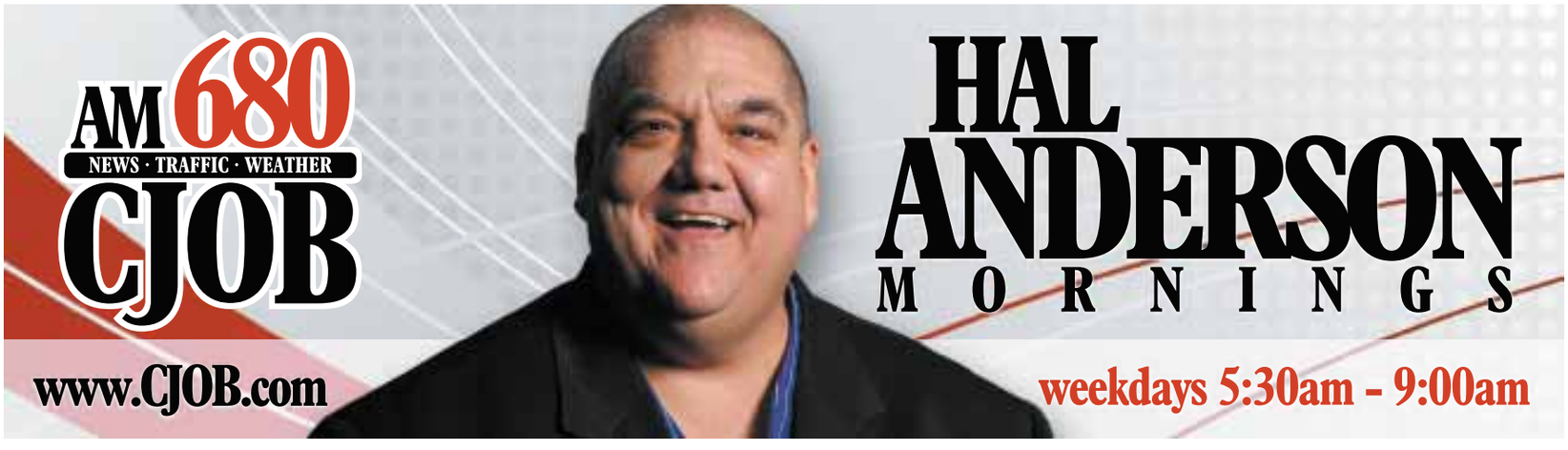
Christina Du lost an appeal Monday after councillors on the protection and community services committee denied her request to have her rental property near the University of Manitoba grandfathered into a previous version of the Neighbourhood Liveability Bylaw.

"As a landlord, I can take responsibility. When I bought the property, I made sure that we had fire alarms in the basement, upstairs, even the furnace room. I've installed a carbon monoxide smoke alarm, all those things for the safety of my tenants," she said.

"I'm just really sorry that I wasn't notified by my lawyer or my real estate agent, and I'm hoping that out of this meeting, for the future, perhaps at least council could make it ... that (realtors) need to pass on to prospective buyers who want to put up tenants that these are the codes."

City bylaw enforcement officers stated in their order that Du's basement was unusable as a dwelling unit because the windows were deemed too small as a second means of escape, which puts it in non-compliance with the current bylaw.

Du said she was not told during the sale process just nine months ago that the basement couldn't be rented out. BERNICE PONTANILLA/METRO



Humane Society campaigns against lawn pesticides

Pet project. Not-for-profit says pesticides put animals at risk for cancer

SHANE GIBSON
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The Winnipeg Humane Society is adding its voice to those opposed to the use of lawn pesticides in Manitoba.

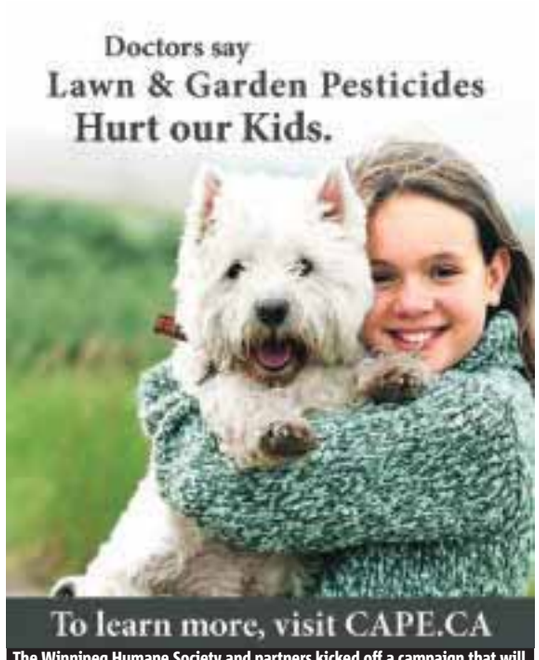
As spring temperatures slowly bring lawns back after a long winter, the not-for-profit and partners kicked off a city-wide campaign Monday urging homeowners to use alternatives to chemical pesticides, pointing out it's not just kids who are at risk.

"Our four-legged friends need protection too," said Aileen White, the society's director of communications. "Manitoba's family pets are deserving the same protection as they have out east — Ontario, Quebec and the Maritimes have already banned this."

The Government of Manitoba announced plans last June to ban synthetic pesticide use on lawns, driveways, sidewalks, patios, school grounds, playing fields and playgrounds.

The legislation was slated to go into effect in 2015.

In the meantime, the WHS, the David Suzuki Foundation, the Green Action Centre and the Canadian Association of Physicians for the Environment have all pitched in to pay for transit shelter advertisements encouraging homeowners to use alternatives.



The Winnipeg Humane Society and partners kicked off a campaign that will see this transit shelter ad discouraging lawn pesticide use installed around Winnipeg over the coming weeks. WHS/HANDOUT

The ads feature a photograph of a girl holding her dog under the tag line "Doctors say lawn and garden pesticides hurt our kids," and they're slated to run over the next six to eight weeks.

"Pesticides are poisons intended to kill," said White, noting studies show dogs exposed to pesticides including the common weed killer 2,4-D have an increased risk of canine malignant lymphoma, a type of cancer. "We want to remind people that there are significantly less deadly alternatives."

North Kildonan park to be renamed after Olympic gold-medallist

A member of the women's curling team that struck gold for Canada at the recent Sochi Winter Olympics is being honoured with a park where she was raised.

Coun. Jeff Browaty said it's only fitting to have River East Park on Rothesay Street in North Kildonan named after Jill Officer, who plays second for the Jennifer Jones curling team.

"It's a nice way to honour a gold-medal Olympian up in our part of the city," Browaty said.

"The park in question was kind of a dilapidated park in front of River East Arena by Chief Peguis School. In the last number of years, that facility has been dramatically upgraded to include a new play structure and, in fact, a spray pad which is very, very popular on nice summer days."

In this photo from March, Jill Officer, centre, is all smiles after she and her Sochi gold-medal winning teammates received Outstanding Achievement Award medallions from Mayor Sam Katz. BERNICE PONTANILLA/METRO

Browaty said Officer got her start in curling while attending Donwood School and through family excursions to the Rossmere Country Club.

He expects an official unveiling with Officer present to take place some time in June.

The Jennifer Jones curling team made Olympic history by becoming the first women's team to go undefeated.

Members on the protection and community services committee voted in favour of the renaming.

BERNICE PONTANILLA/METRO

Manitoba judges allowing media cameras in court

The public will get a front-row seat for a murder trial verdict as Manitoba launches a pilot project that will allow media cameras in select court hearings.

A TV camera will be allowed into court Wednesday to hear the fate of Cassandra Knott, who is charged with the second-degree murder of her husband. In her trial last year, Knott pleaded not guilty because she said the 2011 stabbing was self-defence.

This will be the first time a camera has been allowed to broadcast a Manitoba criminal court proceeding. Previously, hand-held cameras have not even been allowed in the building.

A camera will also be allowed into the Court of Appeal on April 30 for the case of Denis Labossiere, who was found guilty of killing his parents and brother in 2005.

More details are expected when the province's chief judges hold a press conference to roll out the initiative Tuesday.

Cameras have long been allowed in U.S. courtrooms, but Canadian courts have been more reluctant.

While some provinces have allowed cameras into Appeal Court, it is unusual for cameras to be present for a verdict.

THE CANADIAN PRESS

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TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT EASTER WEEKEND SCHEDULE

On Friday, April 18, Winnipeg Transit buses will be operating on a Sunday schedule. The regular weekday schedule will resume on Monday, April 21. For route and schedule information, visit winnipegtransit.com or call 311.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald Streets) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Three-week internship

Scott Best METRO

Welcome our new intern

It's a thrill for students like me to test out their skills on the job, and that's exactly what I'm doing. On Monday, I started a three-week internship at Metro Winnipeg.

I've been studying Creative Communications at Red River College over the last three years, and this year I'm majoring in journalism. What makes it interesting is I'm blind.

For the next three weeks, I get the chance to do what I love — meet people and tell their stories. Like the other reporters, I write my stories on a computer. However, I write them with the help of a screen-reading program called JAWS.

Metro reporters Shane Gibson and Bernice Pontanilla will be taking photos for my stories. Most importantly, they'll be my eyes in the field and make sure I end up back in the newsroom in one piece. To return the favour, maybe I'll teach them some braille.

SCOTT BEST/FOR METRO

SCOTT BEST IS A CREATIVE COMMUNICATIONS STUDENT AT RED RIVER COLLEGE. WATCH FOR HIS STORIES OVER THE NEXT THREE WEEKS.

Kelvin High School principal Jim Brown speaks to media after a press conference Monday that saw Premier Greg Selinger announce a new 10,000-square-foot gym to be built at the school. SHANE GIBSON/METRO

Kelvin High School to get a new gym

'Active living'. The new gymnasium is expected to cost roughly $7 million

SCOTT BEST
winnipeg@metronews.ca

Students at Kelvin High School will soon have a new 10,000-square-foot gym, the province announced Monday.

"We want students to be active and engaged," said Premier Greg Selinger following the announcement. "A new gym will allow another generation of young people and people in the community to enjoy the benefits of active living. When you have an active lifestyle, you do better in school."

The gym, which will include new change rooms and an elevator to meet access requirements, is expected to cost roughly $7 million.

Principal Jim Brown said he's hoping Kelvin also gets to keep its existing gym, because the school desperately needs the space.

"Right now, with the number of students we have in Grades 9 and 10, they pretty much take up every slot."

Brown said the only in-school physical education classes Grade 11 and 12 students take are health classes held in classrooms.

"Their gym time, the actual physical activity hours, are done outside of the regular school day. For some of them, that works great. For some of them, it would just be great to have that component in the school."

Grade 12 student Clement Sackey said it'll be tough not being able to play in the new gym, but he'd love to come back and coach.

"I think it means something really big for our community. It's a bigger opportunity to have more space to train, to be physically active."

Construction is slated for early next year, with completion expected by December of 2016.

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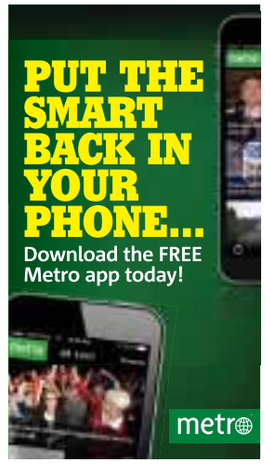

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Ontario suicide attempts shared with U.S. officials

Special report.
Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist." Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The OPP and police services in Hamilton, Waterloo and Ottawa show some discretion when it comes to uploading suicides into CPIC, said Cavoukian, but not the only other force her office contacted, the Toronto Police Service.

"This is entirely at the discretion of the particular police service involved and four out of the five that we looked into, all with the exception of the Toronto Police Service, all exercise discretion," she said.

However, Toronto police said they do show discretion about which cases are loaded into CPIC, but they want officers to have access to as much information as possible about someone when they are responding to a call.

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camile Quenneville. "Standardizing the protocol for disclosure would be welcome."

THE CANADIAN PRESS

I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

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Bloodiest terrorist attack ever in Abuja

Nigeria. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokesman Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefighters worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

'Ibrahim.' Dutch cops arrest teenage girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

Exports to Iran

Wrong address lands Alberta firm a $90,000 fine

Putting the wrong address on a $15 shipment of Viton synthetic rubber rings has cost an Alberta company $90,000 for violating legislation which prohibits sending certain products to Iran.

Lee Specialties Ltd. of Red Deer pleaded guilty to one charge of violating the Special Economic Measures Act Monday. The Calgary court withdrew two other charges.

A lawyer for the company said the rings, that could be used in nuclear applications, were supposed to go to Dubai, but there was an address mix-up on the packaging. THE CANADIAN PRESS

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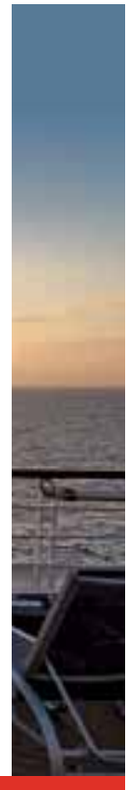

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Woman says she killed six of her newborns

Utah. Megan Huntsman told police that she wrapped the bodies up and left them in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and placed in a plastic bag.

Huntsman is being held on $6 million bail — $1 million for each baby she is accused of killing.

Huntsman was arrested Sunday on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman, and Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Huntsman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. Huntsman also has three daughters who lived at the house. THE ASSOCIATED PRESS

Authorities investigate a crime scene at a house in Pleasant Grove, Utah, on Sunday. According to police, seven dead infants were found in the former home of Megan Huntsman, 39. MARK JOHNSTON/THE ASSOCIATED PRESS

France

Police test DNA of all males at school

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school in search of the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple: "Either I file it away and wait for a match in what could be several years, or I go looking for the match myself," she said. THE ASSOCIATED PRESS

Bolivia

Villagers injure 2 for alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants after the two allegedly stole three motorcycles.

Dr. Roberto Paz said one of the men remained in intensive care while the other suffered kidney failure. THE ASSOCIATED PRESS

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Cops: Teen boys not facing 'your run-of-the-mill' criminal charges

Halifax. Police say two 18-year-olds face many criminal charges, including alleged human trafficking and gang sexual assault

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault. The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston home and sexually assaulted.

"Those are not your run-of-the-mill charges," said Det. Andrew Matthews. "We take them very seriously."

Police were called to North Preston for reports of shots fired at a home on Clarence Street just before 9 p.m. on April 10.

They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor.

Matthews said investigators are considering the possibility the girl was going to be forced into prostitution.

He added that it's possible the two accused weren't acting alone.

"That is one of the elements of the human-trafficking (charge)," he said.

"I think, due to the nature of the charges, with human trafficking, I think police have to look at the possibility that there is a network involved."

Matthews said it's very early in the investigation, and it's not clear whether more charges will be laid.

He said one of the most striking aspects of the case is the young age of not only the victim, but the two accused.

"That's tragic too," he said. "It's one of those that police officers, no matter how much time they have on, they stand back and take note."

RUTH DAVENPORT/METRO IN HALIFAX

The accused

Doreze Marvin Beals and Andre Jerome Gray are scheduled to appear in Dartmouth provincial court on Wednesday morning for a bail hearing.

The federal Conservative government will cut $1.3 billion from health care funding for Manitoba over the next ten years.

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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law

Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.

STEPHANIE DUBOIS
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working," she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of $4,000 to $5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need something mentally stimulating," she said.

Practising yoga and watching cartoons like Sleeping Beauty are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar.
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.

This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO

Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

Next in the series

Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

Labour of love. After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

Editor's note: Sara's name has been changed to protect her identity.

STEPHANIE DUBOIS/
METRO IN EDMONTON

From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to metronews.ca to read her 2011 column chronicling her experience and insight.

- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.

Uber aims to hail customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year. RAJANISH KAKADE/THE ASSOCIATED PRESS

Heartbleed likely 'largest flaw' to ever hit Internet

Expert. News 900 SINs stolen from CRA is just the 'tip of the iceberg'

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue Agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg," he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised.

"Realistically, with over two-thirds of all servers compromised online with this vulnerability, we're going to be seeing a lot more fallout from this," he said.

The revenue agency said it suffered "a malicious breach of taxpayer data that occurred over a six-hour period."

The problem is that the bug has been loose for two years, said Zabiuk.

THE CANADIAN PRESS

BlackBerry Messenger

BBM poses 'small' risk from bug

BlackBerry says Apple iPhones and Android devices running chat software BlackBerry Messenger face an "extremely small" risk from the Heartbleed software bug.

BlackBerry Messenger, or BBM, was created originally for the company's own products, but BlackBerry released software last fall which made the app available to users on iPhone and Android products.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.30¢ (+0.22¢)

TSX 14,284.43 (+26.74)

OIL $104.05 US (+$0.31)

GOLD $1,327.50 US (+$8.50)

Natural gas: $4.56 US (+$0.06)
Dow Jones: 16,173.24 (+146.49)

Smaller is better?
Size of the iPhone 5s is a big hit, a new study finds

Samsung's new Galaxy S5 smartphone is more durable than last year's model and other leading Android phones, but the iPhone 5s outperformed all of them, in part because of its smaller size, a new study finds.

The S5 scored well given its water resistance and a sturdy back panel made of plastic, according to SquareTrade, a provider of extended protection plans. The iPhone 5s won points for being just four inches diagonally, compared with about five inches for Android phones. That makes the iPhone easier to grip and thus less likely to slip out of one's hands.

Nonetheless, all the smartphones tested had a medium risk of breakage, and differences between the various phones weren't major.

THE ASSOCIATED PRESS

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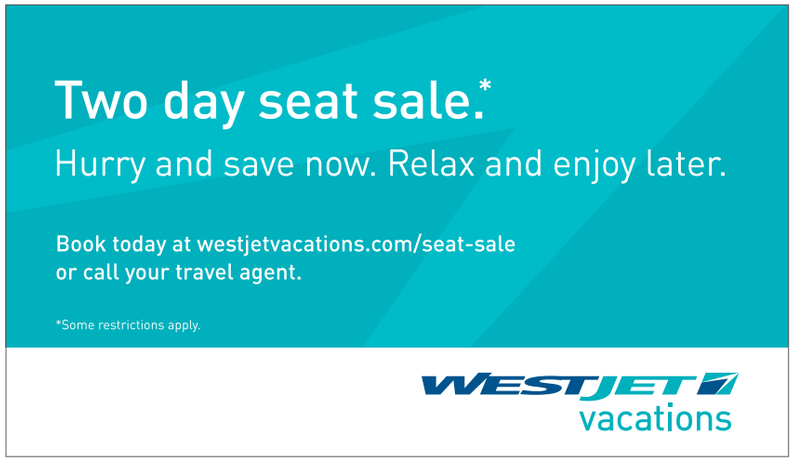
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HAIR-RAISING TALES FROM DOWN UNDER

SHE SAYS

Jessica Napier
metronews.ca

Practically all women are born with hair on their body — some much more than others, thanks to various different biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to "feel womanly around the clock" is to go on the offensive against your own body and never ever allow a person of the opposite sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized "feminine" figure.

Personally, I've never been interested in any sort of hair removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six-weeks — laughable.

And yet, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and laying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

"It will feel better next time," the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite $40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there or anywhere else on her body.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Picnic instead of picket

OLI SCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. METRO

Organizer says

"People say it's not about gender. If it was just people eating on the Tube you could bring in the question of privacy, but it's not — it's just women. You can't ignore that."

Organizer Alexis Calvas told The Independent

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #ieatonthetube hashtag.

Also seen on transit

- **@dreaminontransit** is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- **Awkwardtransit.com** is your odd collection of transit riders, including some holding the pole with unexpected body parts.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 14 in Scene, page 16 in Life and page 26 in Sports.

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.

YOUTUBE SCREENGRAB

metro

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See that symbol? It means you can scan the photo below with your Metro News app to hear a new song by the Hold Steady

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON
Metro World News in New York

Craig Finn of the Hold Steady. GETTY IMAGES

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With Teeth Dreams, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

Quoted

"I'm trying to write characters that are a little older."

Craig Finn of the Hold Steady, on his songwriting process for the band's new album

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. … [Now] I'm trying to write characters that are a little older.

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. … It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

If their message seems heavy, their instrumentation is even heavier — any somber sentiment quickly finds solace by leaning against the towering guitar solos that were hinted at before, but are now realized in skyscraping realities. The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Review

Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single furtive photo of him. Determined to find him 50 years later, she enlists the aid of cynical BBC correspondent Martin Sixsmith (Coogan). The standard friction ensues. Yet they find common cause in their dogged search for Anthony, as the trail leads from Ireland to Washington, D.C. Philomena becomes something of a comic thriller. Dench is reliably great, a recent best actress nominee for her work. But it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?

Angelina Jolie and Brad Pitt.

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "super-vindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."

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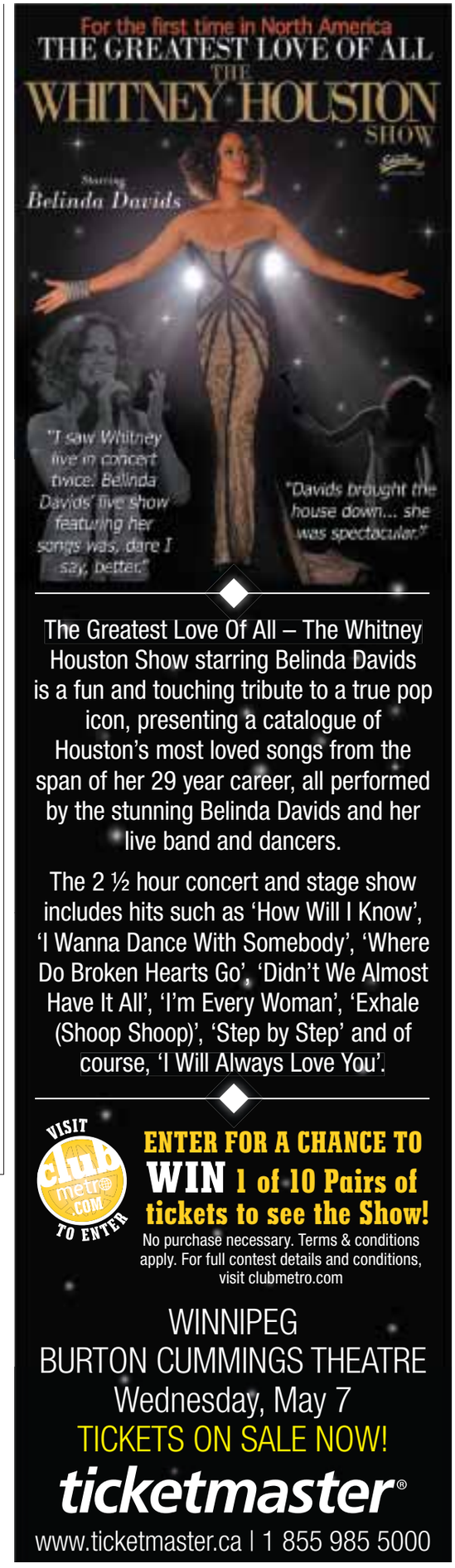
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See that symbol? It means you can scan the photo below with your Metro News app. Going the Distance: a step-by-step guide to the marathon

LIFE 3

Hit the road: Your body will really thank you for it

You think you're being smart by going to the gym — you're not. The treadmill won't make you a better runner, and here's why

ROMINA McGUINNESS
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym … but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?

On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the correct way to run," he explains.

Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe needs to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free]) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

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SOME LESSONS ARE JUST WARMIMG UP

SUMMER COURSES CAN BE BENEFICIAL

SHUTTERSTOCK

The popular song lyric "Summertime, and the livin' is easy" doesn't apply to keen university or college students who are planning to take one or more courses during the spring and summer months.

"Students can get a jump on the upcoming year or pick up a credit they need by taking a summer course," says Jeff Banks, a chemistry professor at Acadia University in Wolfville, N.S., and the director of Open Acadia, which offers concentrated three-week on-campus courses from May to July and full-year courses in six-week blocks.

Open Acadia online courses are open entry, which means students can register when they want and study at their own pace. Online courses at universities and colleges across the country are ideal for students heading home for the summer who want to juggle their studies around jobs and other activities.

Banks lists the following benefits of taking spring and summer courses:

There are fewer students. Since most university and college students leave campus for the summer, class sizes tend to be smaller. "That translates into a lower student-to-professor ratios, which means more personalized attention," Banks says.

You can accelerate your degree. Taking a full course load during the regular school year, then an extra credit or two in the summer, will help students graduate faster.

It's good for athletes and international students. Because of varsity sports team schedules, student athletes often have a gap in their studies, so summer is a great time to catch up. And since international students tend not to return to their home country for the summer, they often choose to continue their studies.

The courses are shorter. Summer courses tend to be shorter than those offered from September to May. "Students need to keep in mind that although they are shorter, they're concentrated," Banks says. "So they might be going to class every day, even though they're just taking one subject."

– Jane Doucet

SET YOURSELF APART WITH PACE

After graduating with a bachelor of arts degree from the University of Winnipeg, Brigitte Burgoyne knew she needed to set herself apart from those with the same skill set as herself.

This is what led Burgoyne to pursue a diploma in communications.

"Communications was always a field I was interested in, so I enrolled in the full-time PACE public relations and marketing management program and was surprised to learn just how broad the public relations industry in Winnipeg really was," says Burgoyne, communications manager, Cargill.

After having successfully completed the program in 2009, Burgoyne obtained a PR internship at the Canadian Wheat Board and has gone on to become the communications manager in corporate affairs at Cargill, one of the world's largest agriculture and food production companies.

Brigitte Burgoyne

PACE equipped Burgoyne with the tools needed to fulfil her day-to-day functions, such as written and oral communications, influencing the media, speech writing, PR fundamentals, organizational behaviour and ethics, and corporate social responsibility.

"Thanks to the communication fundamentals that I learned during my PACE studies, I am able to confidently position myself as an expert in my field and continue to grow within my role," Burgoyne says.

For a full list of the programs at PACE (Professional, Applied and Continuing Education), University of Winnipeg, visit pace.uwinnipeg-courses.ca.

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ROBERTSON PREPARES STUDENTS TO SUCCEED

As a pharmacy technician student at Robertson College, you will gain the knowledge, skills and attitudes required for success in the rapidly growing field of pharmacy.

"Our pharmacy technician program provides students with specialized, comprehensive theory and hands-on education that is required to meet the established national competencies and educational learning outcomes for pharmacy technicians upon entry to practice," says Debra Chartier, faculty head of pharmacy technician, medical lab assistant and massage therapy programs.

"We prepare our students to successfully practise within the scope of practice recognized by our provincial pharmacy regulatory authority."

Chartier says the role of the pharmacy technician has evolved significantly over the past decade, as there was a recognized need to regulate the practice in order to better provide adequate pharmaceutical care to patients. This newly regulated profession will provide benefits to patients, pharmacy technicians, pharmacists, and the overall health system.

Students will learn the basic concepts of medical terminology, physiology and pathophysiology of the human body, while gaining the critical thinking skills needed to identify problems pertaining to drug therapy and recognition of situations that require a pharmacist's intervention.

They will also learn hands-on skills such as math calculations that will be used in both community and hospital pharmacy settings when preparing and dispensing medications while learning to read and interpret drug orders.

Students will be taught by industry professionals.

"Our instructors include both pharmacy technicians and licensed pharmacists who deliver the most current, up-to-date information, sharing their knowledge and expertise gained through years of experience in the industry with over 80 years combined," Chartier says.

The pharmacy technician program of Robertson College, Winnipeg is accredited by the Canadian Council of Accreditation of Pharmacy Programs (CCAPP).

For more information, call 204-943-5661, or visit robertsoncollege.com.

ENROL NOW AND BEAT FALL RUSH

Start the pharmacy technician program this May and beat the fall rush for enrolment. Students will get a chance to take advantage of the newly expanded Level II laboratory. This lab provides students with hands-on training in a simulated hospital pharmacy environment that complies with USP 797 regulations.

CONTRIBUTED

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ROBERTSON COLLEGE

IMPRESS FRIENDS, FAMILY WITH MASSAGE

LEARN THE BASICS AT WELLINGTON COLLEGE WORKSHOP

CONTRIBUTED

Whether you are interested in starting a career in massage, or just want to learn how to give a proper massage to friends and family, be sure to check out the intro to massage workshop at Wellington College.

"This workshop is available to the public and no experience is necessary," says Brie Timings, public relations, Wellington College. "It is especially aimed at those who are looking at starting a career in massage therapy but are unsure if they're ready to enrol in the program."

This workshop will provide participants with the skills and techniques needed to give a massage in both a sitting and lying down position. They will learn to massage the back, neck, shoulders, head, hands and feet.

"The objective of the workshop is to allow individuals to be confident in their approach and understanding of what they are doing, and by the end of the day be confident to perform a basic body massage for family and friends," Timings says.

All individuals will give and receive a massage.

A comprehensive PowerPoint presentation will be given to take home and each individual will receive a certificate of attendance by the presenter.

The massage techniques that will be taught include effleurage (gliding strokes with the palms, thumbs and/ or fingertips), petrissage (kneading movements applied with the fingers, thumbs and/or fingers), friction (circular movements applied with the fingers, thumbs or hands) and tapotement (hacking and cupping).

"Massage affects all muscles, all circulation systems and nerves while promoting health and well-being," Timings says. "The workshop will cover the effects of massage, partial and total contraindications, basic massage techniques, sequence and pressure, massage of the back, neck and shoulders, hands and feet, as well as seated massage techniques."

For more information about this workshop or programs offered at Wellington College, visit wellingtoncollege.com.

REGISTER FOR MAY WORKSHOP

The intro to massage workshop takes place May 10 from 9 a.m to 4 p.m. The cost for this workshop is $75 plus GST and must be paid for upon registration.

People can register for the workshop by calling 204-957-2402.

SIGN ON TO A CAREER IN BROADCASTING

CONTRIBUTED

More than a dozen Herzing College students had the pleasure of rubbing shoulders with the best and brightest on the Canadian music scene at last month's Juno activities in Winnipeg.

The radio and television broadcaster students worked as drivers, talent wranglers, in the green room, and on security detail.

They felt it was an invaluable experience and were surprised at the magnitude of the production.

Besides music celebrities, some students worked with astronaut Chris Hadfield and Jennifer Jones' Olympic gold medal curling rink.

Those same students are just one step away from starting their broadcasting careers. They will embark on their industry practicums this month, heading to places like City-TV, APTN, CJOB , Energy 106, and QX104.

"Radio is healthier than it's been in years and the Internet has opened up hundreds of video opportunities," says Bev Edmondson, an instructor in the broadcasting faculty. "We are really excited about the future of broadcasting."

The Herzing College radio and television broadcaster program prepares students to work on-air and behind the scenes in radio and television stations, and at production companies.

The nine-month program teaches skills in announcing, reporting and writing, audio and video production, sales and promotions.

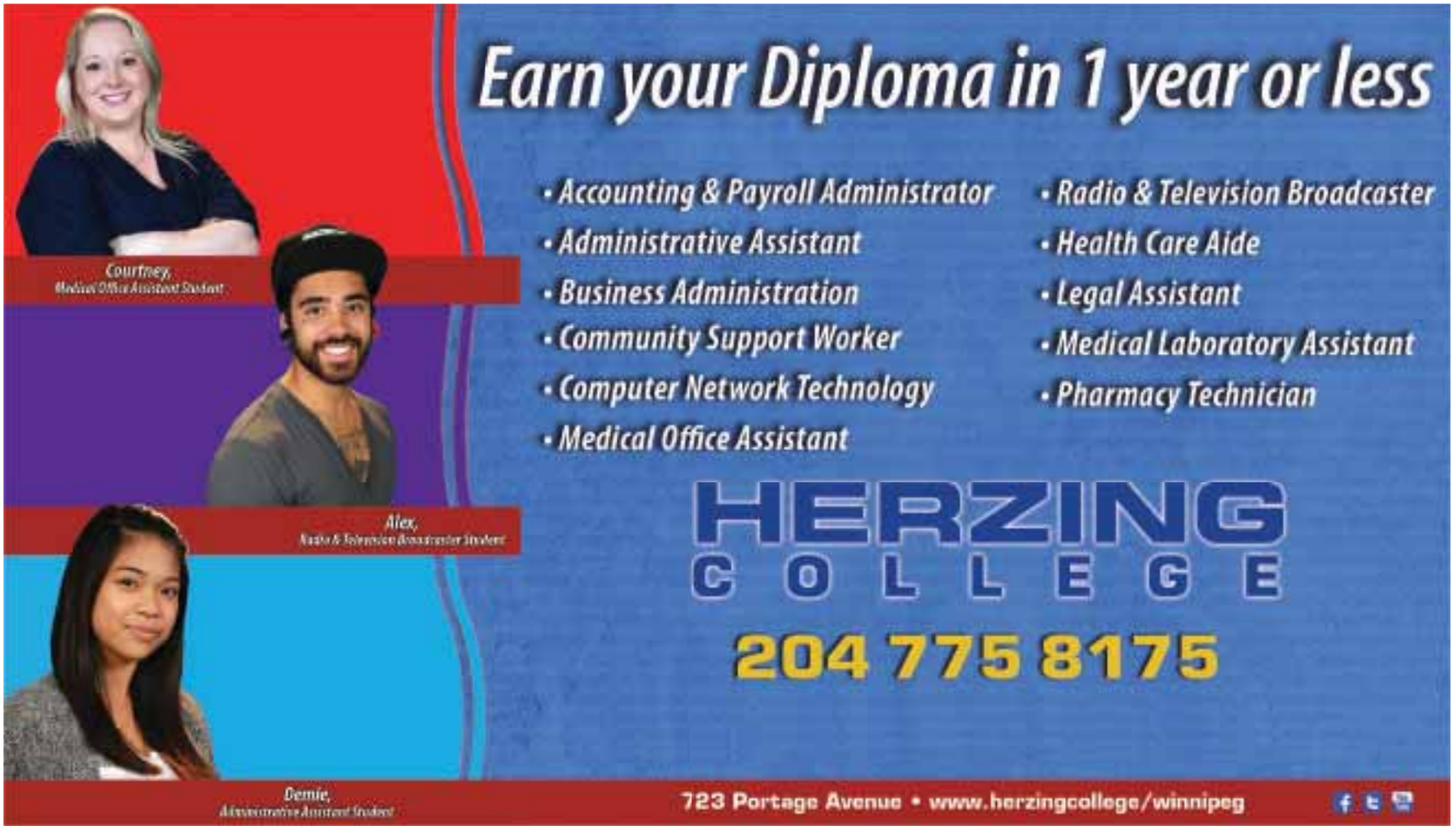
Students can also train in the campus radio station.

Edmondson says several students going out on practicum this month already have secured positions that will begin as soon as they graduate.

"When our students graduate, they are ready to hit the ground running," Edmondson says. "In addition to the broadcasting skills they learn here, we also prepare them for the job search — demos, resumés, cover letters and interviews."

The Herzing faculty has nearly 100 years of combined experience, and all still dabble in the business- with many contacts, not just in Manitoba, but all over Western Canada and Ontario.

For more information about this program, visit herzing.ca.



FOCUS ON PERSONAL GROWTH AT RED RIVER

The applied counselling program offered through Red River College helps students acquire the interpersonal skills to achieve success in their careers, demonstrating career readiness, communicating effectively, thinking critically, and contributing to the community.

This program focuses on personal growth and self-awareness, active listening, use of empathy, and assertive communication in building relationships, and learning how to apply these skills in a community-based setting.

"The applied counselling program offers an incredible opportunity for anyone who may not be entirely satisfied with where they find themselves in work or in life, to learn about themselves through instruction, interactions with others and self-reflection," says Mintie Grienke, MEd, applied counselling instructor.

"Graduates report that the program has helped them to find a clear career direction and has been an essential stepping stone in their career path."

This program is offered on a full-time or part-time basis, depending on the individual needs of the student.

CONTRIBUTED

Although some graduates have pursued further education in social work, education, psychiatric nursing, conflict resolution, and marriage and family therapy, the majority of graduates find employment in community and social services including private companies and government.

"Upon completion of the program, students should be able to demonstrate entry-level support skills in areas such as domestic violence, child and family services, residential support programs, social services, and government programs," says Larissa Klymkiw, MA, counselling psychology instructor. "They will gain practical experiences in basic helping skills and have an introduction to the theory and practice of counselling in helping relationships."

They would be able to provide culturally sensitive assistance with First Nations, immigrants and refugees, LGBTT, and marginalized populations.

Graduates have gone on to be employed as case worker, corrections officer, educational assistant, victims support worker, youth care practitioner, to name a few.

For more information on the applied counselling program at RRC, visit rrc.ca/acc (full time) or rrc.ca/apc (part time).

TWO INTAKES

The applied counselling program is a seven-month program that has two intakes per year, one in August and one in November.

According to RRC, last year's graduates reported an annual salary range of $23,000 to $46,000. Sixty-three per cent reported making an upward move in their employment.

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WINNIPEG TECH COVERS ALL BASES

SHUTTERSTOCK

There two programs that will help you to discover either your creative side or your organized side at Winnipeg Technical College.

For those who are left-brained, there is the business administrative assistant program, and for those looking to engage their right brain, explore the production art program.

"Production art welcomes students with any artistic skill level," says Jan Hamilton, production art instructor. "It's about building those skill levels to allow you to make something you can hold in your hand and be proud of."

This program offers students both visual and hands-on creative learning experiences, using the latest industry design software and hardware.

Production art students graduate with a diverse range of employable skills, such as design fundamentals, printing technology, and colour management.

The 10-month business administrative assistant program introduces students to both theory and practice in business and office administration skills.

This program allows students to advance or to re-enter the workforce with up-to-date software application skills, as well as the essential skills required in today's business world.

"Even with the increased use of technology in today's workplace, the human touch remains a cornerstone of business interactions," says Bev Kufley-Rozak, business administrative assistant instructor.

"The program not only focuses on the software applications, but also on the professional role expectations in the workplace, as these skills are considered to be essential requirements for today's workforce."

Students are taught presentation, teamwork, communication, goal setting, and other employable skills. Students will develop knowledge and skills related to interpersonal image, conflict management, confidentiality, accountability, job search, interviews, and interpersonal communication.

At the conclusion of the program, students are placed in the business environment for six weeks and given hands-on training in a work practicum setting. This has resulted in immediate employment for many students, which is the ultimate goal for the student and the college.

Seats for both the production art and business administrative assistant programs are still available for the September start. Those interested in either program are encouraged to apply now.

For more information about either of these programs at WTC, visit wtc.mb.ca.

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PATAL AIMS TO BETTER THE COMMUNITY

CONTRIBUTED

Patal trains with a purpose — and that purpose is to better the community by helping its students better themselves.

One way Patal does this is through the personal computer (PC) service technician program. This program offers hands-on experience for students to help those who may not be able to afford expensive repairs for their computers or gaming systems.

"If we take care of our community, she will take care of us," says Fred Knoedler, computer technology instructor. "It is important for people to know who you are in a positive way."

Patal's students get the hands-on training they need to be successful in the technology industry.

These students' strengths are realized through working with different technologies, including cellphones, gaming systems, and other pieces of electronic equipment that are presented to them in a state of disrepair.

Patal has a storeroom of parts and equipment to handle just about any kind of computer repair, but students are encouraged to come up with creative solutions to fixing these items, while learning about patience and problem solving.

Once the equipment has been repaired, the payment is as simple as a can of coffee so Patal students can have a "bottomless" cup.

Patal also has donated computers to non-profit organizations and set up a small network for their clients to have access to computers and the Internet.

Knoedler says Patal's students have the capacity to service more computers, and is asking for assistance from the public to send new computer problems their way. This also includes gaming systems.

Call for an appointment or drop by for a tour of the Patal facilities. While on the tour, you may even get to sample items from the bakeshop.

Patal offers continuous intake throughout the year.

With Patal's flexible scheduling, students can also work while attending classes.

For more information about Patal, call 204-944-8202.

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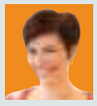
Health Solutions

An apple a day ... you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are cellared in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO2 so the apples go to sleep. When they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down. This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Apple and Chicken Bake sweetens the pot — literally

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock

This recipe serves six. COURTESY THERESA ALBERT

1. Preheat oven to 400°F.

2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.

3. In the sauté pan, heat oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with pan juices.

RECIPE COURTESY COURTESY REDPRINCE-APPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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WESTJET

Lunch. Kale Salad with Apples, Apricots and Manchego Cheese

Once you start eating kale, it will become the "new normal" base for your salads. It has a more robust flavour and texture than lettuce, and is good for you, too.

1. Dressing: In a bowl whisk the vinegar, lemon juice, mayonnaise, sugar and salt.

2. Add the kale and toss to coat well, then set aside for 10 minutes. After 10 minutes, toss again to coat well.

3. Sprinkle apricots, pumpkin seeds and cheese over dressed kale. Toss again to distribute. Season with pepper and additional salt, if needed. Fan thin slices of apple over the top of salad and serve.

THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

For the dressing

- 2 tbsp cider vinegar
- 2 tbsp lemon juice
- 1/2 cup mayonnaise
- 2 tbsp sugar
- 1/2 tsp kosher salt

For the salad

- 1 large bunch (about 1 lb) Tuscan kale, stems torn or cut out, leaves torn into small pieces
- 1/3 cup dried apricots, julienned
- 1/3 cup pumpkin seeds
- 2 oz manchego cheese, grated
- 1 Pink Lady apple, cored and cut into thin half moons
- Ground black pepper

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Bombers bask in sunshine and eye-opening rookies

CFL. Team holding mini-camp in Florida, looking to round out 75-man roster for training camp

DARRIN BAUMING
winnipeg@metronews.ca

Mark up another first for the Winnipeg Blue Bombers in an off-season full of turnover and change.

The heavily rebuilt football club is holding its spring mini-camp down in Bradenton, Fla., for the first time — an opportunity to assess roughly 50 invited free agents and rookies to help round out the 75-man roster it will bring to training camp in Winnipeg in June.

"For the scouts to see the guys that they've worked so hard at getting here all off-season, to see it come to fruition on the field," said rookie head coach Mike O'Shea after the first day of on-field workouts. "To either validate, or as they're looking over their notes say, 'Ooh I didn't recognize that before.'"

The four quarterbacks already under contract are also at the mini-camp. Anointed starter Drew Willy, returnee Max Hall, and former Ticat Brian Brohm all have some level of CFL experience, but it is rookie Robert Marve who is opening eyes under his native Florida sunshine.

"It was a crazy college time … I got to start at two big-time schools at Miami and Purdue," said Marve. "I loved it and I wouldn't take it back for anything and had a fun time. I'm looking forward to the future."

Other players that have left positive impressions are receivers Willie Haulstead and C.J. Tarver, defensive backs Brandon Hogan and Maurice Leggett, and linebackers — whom the Bombers are in crucial need of with the departure of Henoc Muamba — Doug Hogue and former NFL starter Gerald McRath.

Rookie Robert Marve walks off the field Monday at training camp in Florida. DARRIN BAUMING/FOR METRO

The Jets had the tall task of chasing the Avalanche, Blues and Blackhawks in the Central Division standings all season. GETTY IMAGES FILE

Move to Central Division does Jets no favours

The shorter travel times were great, but moving to a new, more competitive Central Division in the NHL this season didn't help the Winnipeg Jets' playoff hopes.

But the numbers show things weren't all bleak for the former Atlanta Thrashers, who saw the post-season only once in 2007 when they made a quick first-round exit.

How much tougher is the Central?

The top three teams — Colorado, St. Louis and Chicago — had combined for 330 points. They were, in order, plus-30, plus-57 and plus-47 in goal differentials.

Chicago and St. Louis also both get single-digit odds to win the Stanley Cup this season.

In 2011-12, the only full season available for comparison since the team moved, the top three teams in the Southeast Division were Florida, Washington and Tampa Bay, with a combined total of 270 points and goal differentials of minus-24, minus-8 and minus-46, respectively.

Closing the gap

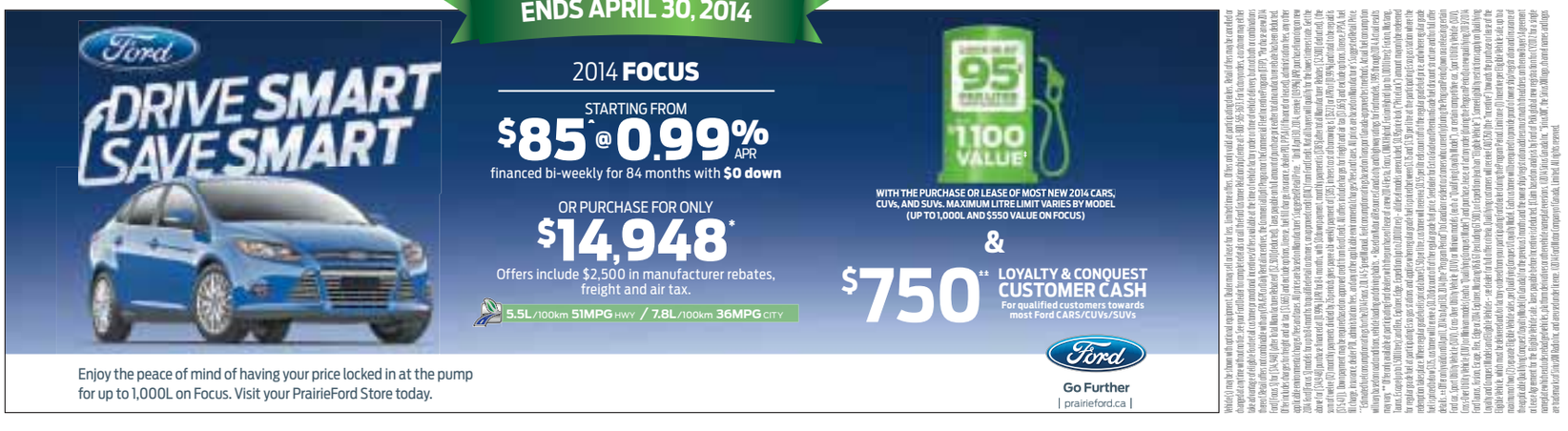
11

Despite tougher competition in the Central Division, the Jets brought their goal differential down to minus-10 from minus-21 in 2011-12. That's an 11-goal improvement.

Winnipeg's 84 points were good enough for seventh and last place in the Central this season and the same 84 bought them fourth in the Southeast in 2012 in a tie on points with third-place Tampa Bay. They finished both seasons with the same 37-35-10 record.

THE CANADIAN PRESS

4 SPORTS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Swimming

Phelps dives back into the pool

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medallist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in three events — the 50- and 100-metre freestyles and the 100-metre butterfly.

Michael Phelps GETTY IMAGES

THE ASSOCIATED PRESS

NHL

Preds end Trotz's stint in Nashville

Barry Trotz, the NHL's longest tenured head coach with one team, will not be back for a 16th season with the Nashville Predators.

The Predators announced Monday they have told Trotz his contract will not be renewed.

THE ASSOCIATED PRESS

Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Shanny expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time … those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

Shanahan, who grew up in the Toronto neighbourhood of Mimico, was previously the league's director of player safety. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

♉ Taurus
April 21 - May 21
Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

♊ Gemini
May 22 - June 21
The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

♋ Cancer
June 22 - July 23
Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

♌ Leo
July 24 - Aug. 23
By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

♍ Virgo
Aug. 24 - Sept. 23
Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

♎ Libra
Sept. 24 - Oct. 23
Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

♑ Capricorn
Dec. 22 - Jan. 20
This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

♒ Aquarius
Jan. 21 - Feb. 19
Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

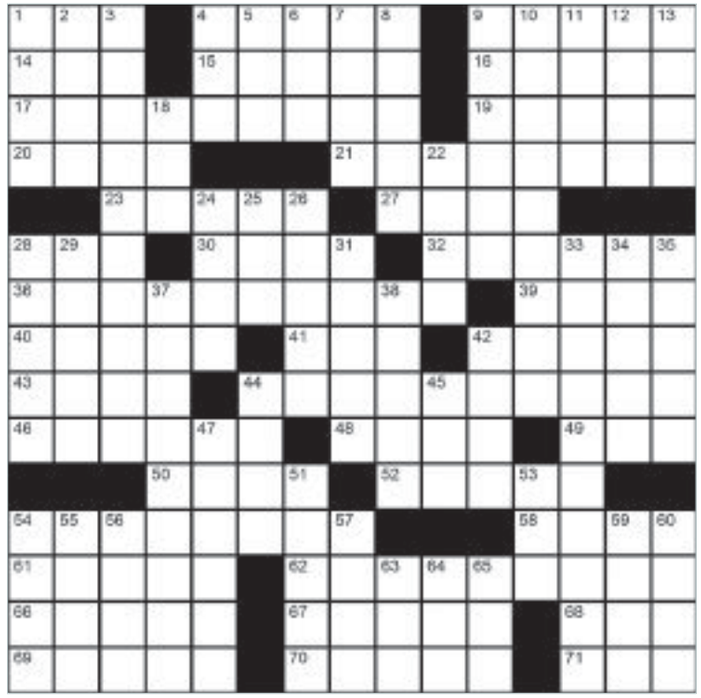
♓ Pisces
Feb. 20 - March 20
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



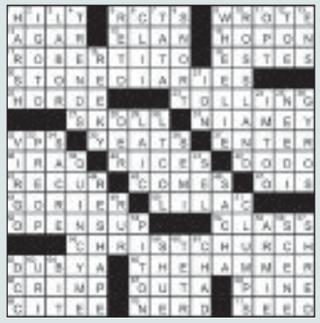
Across

1. Halfway
4. Calendar parts
9. Jostle
14. A little __ _ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. __ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per __ (Daily)
49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "__ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix
62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down

1. Magic†spell
2. Lady Antebellum's "_ __ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once
6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Sopper-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy
13. In the past, in poetry
18. Powder __
22. Look bewilderedly
24. __-steven
25. As written
26. Short
28. Meg Tilly movie, "Agnes __ __" (1985)
29. "__ __ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. _ _ _ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung __
54. Pics-taking devices
55. Latin hymn: "Dies __"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. __ _ break
64. Stinker
65. "El __" (1961)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	6					4	
2					3		5	
7			4		6	3		
	2			6		4		9
1		4		2			7	
		5	8		9			2
	1		3					7
	3					5	9	

Yesterday's Sudoku

1	3	6	2	7	9	8	5	4
2	4	9	5	8	1	3	6	7
5	8	7	3	6	4	1	9	2
3	9	5	8	1	2	4	7	6
4	6	8	7	5	3	2	1	9
7	1	2	9	4	6	5	8	3
6	7	4	1	2	8	9	3	5
9	5	1	4	3	7	6	2	8
8	2	3	6	9	5	7	4	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -6° MIN: -13°	MAX: -5° MIN: -12°	MAX: -2° MIN: -11°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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Investing in the future of Manitoba.

Help us choose 10 Manitoba youth-serving organizations

Through our Future First program, MTS employees and community members work together to support youth-serving organizations and initiatives that matter most to Manitobans. This month, we're giving 10 youth-serving organizations $10,000 each to help them achieve their goals. Help us choose the organizations by voting at mts.ca/grants and you could win 2 tickets to the Lady Gaga concert at the MTS Centre. Voting closes April 19th.

MTS *Future First*. Connecting today's youth to tomorrow.

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Standard contest rules apply. Visit mts.ca/grants for full Lady Gaga contest rules. MTS design mark is a registered trade-mark of Manitoba Telecom Services Inc., used under license.